



# Heritage Center

## Program Reminders

- \* Computer—lab and private classes available.
- \* Daily Exercise Classes.
- \* Monday movies at 1:00—Free
- \* Barbershop Tuesday mornings.
- \* Friday afternoon Massages.
- \* Holiday Block Class Mon., June 3—\$10.
- \* Navigating your Rights Tues., June 4.
- \* Memory Presentation Tues., June 11.
- \* Trips—S.L. Bees Tues., June 4—\$12, Wendover Thurs., June 20—\$17, Governor's Mansion Thurs., June 27—\$3.
- \* Blood Pressure/ Glucose Checks on June 6 & 20 at 11:00.
- \* Attorney Consultations—Wed., June 12.
- \* Podiatrist—Thurs., June 20—cost \$10.
- \* Jam Session—Thurs., June 20 at 3:30.
- \* Driver Safety—Mon., June 24 at 9:30.

The Heritage Center is 55+

June 2013 Supplement

## Father's Day Car Show—All ages welcome

Bring the kids and grandkids on Friday, June 14 for a special Car Show in honor of Father's Day.

The show runs from 11:00-2:00 in the parking lot of the Center and all ages are welcome to enjoy the cars and a \$1 hot dog meal. Thank you RC Willey for the hot dogs and Frito-Lay for the chips. No reservations necessary. The hotdogs will be served outside at the

pavilion in the park.

Applications are available at the front desk for those who'd like to enter a car in the show. Prizes will be awarded to lucky car owners (must be 55+ to be eligible for Director's Choice).

Raffle prizes will also be awarded to lucky attendees of the show. When you purchase your hot dog lunch you'll be entered in the raffle drawing. You



Happy Father's Day Car Show at

must be present to win the raffle prizes that will be awarded throughout the show. Drop by anytime between 11:00-2:00 and vote for your favorite car for the People's Choice award.

## Yard Sale & Breakfast—Saturday, June 22

Enjoy a \$3 pancake breakfast, entertainment, and treasure hunting at the Yard Sale on Saturday, June 22 from 8:00-1:00. The Second Story Band will provide entertainment at 9:30. Yard sale donations are currently being accepted. Gently used items in working condition only please.

## Backyard Family Concert—all ages welcome!

The summer family concert series kicks off on **Monday, June 10**



at **7:00 PM** in the backyard with the popular group Mixed Nuts.

The Center will close as usual at 4:30 and open again at 6:00 PM for the 7:00 performance. Bring a picnic dinner if you'd like, no food will be served.

The concert is free and is sponsored by the Murray Cultural Arts program.

Other concerts will include the Polkatonics on July 8, Top Brass on August 12, and Great Basin Street Band on September 9.



June  
2013

## Heritage Center Events

Heritage Center

#10 E. 6150 S.

(West of State Street)

801-264-2635

[www.murray.utah.gov](http://www.murray.utah.gov)

[heritage@murray.utah.gov](mailto:heritage@murray.utah.gov)

we are here to serve you

Monday-Friday

8:00-4:30 and

Thursday until 10:00 PM

## MONDAY

3

9:00 NIA  
9:30 IMC Quilters  
1:00 Movie  
1:00 Bridge  
1:00 Holiday Block Class  
2:00 Strength Conditioning

10

7:30 Riverbend Golf  
9:00 NIA  
9:30 IMC Quilters  
10:00 Tuachan departs  
1:00 Movie  
1:00 Bridge  
2:00 Strength Conditioning  
7:00 Family Concert

17

9:00 NIA  
9:30 IMC Quilters  
10:00 Brunch Cafe  
1:00 Movie  
1:00 Bridge  
2:00 Strength Conditioning

24

8:00 Wasatch Golf  
9:00 NIA  
9:30 IMC Quilter  
9:30 AARP Driving Class  
10:00 Brunch Cafe  
1:00 Bridge  
1:00 Movie  
2:00 Strength Conditioning

## TUESDAY

4

8:30 Ceramics  
9:00 Stretch / Haircuts  
10:15 Line Dancing  
10:30 Tai Chi  
11:00 Salt Lake Bees Baseball  
11:00 Canasta  
12:00 Lunch  
12:30 Exercise Help  
12:45 Crafts  
1:00 Navigating Your Rights  
2:00 Beginners Line Dancing

11

8:30 Ceramics  
9:00 Stretch / Haircuts  
10:15 Line Dancing  
10:30 Tai Chi  
10:30 Memory Class  
11:00 Canasta  
12:00 Lunch  
12:30 Exercise Help  
12:45 Crafts  
2:00 Beginners Line Dancing

18

8:30 Ceramics  
9:00 Stretch / Haircuts  
10:15 Line Dancing  
10:30 Tai Chi  
11:00 Canasta  
12:00 Lunch  
12:30 Exercise Help  
12:45 Crafts  
2:00 Beginners Line Dancing

25

8:30 Ceramics  
9:00 Stretch / Haircuts  
10:15 Line Dancing  
10:30 Tai Chi  
11:00 Canasta  
11:30 Young at Heart Dancers  
12:00 Lunch  
12:30 Exercise Help  
12:45 Crafts  
2:00 Beginners Line Dancing

*Logan Opera -- Check at the front desk for availability for the Logan Opera Trip scheduled for **July 17-19**. Stay at the Crystal Inn and enjoy three days of shows including Josph and the Amazing Technicolor Dreamcoat, Fiddler on the Roof, and a Tribute to Irving Berlin.*

WEDNESDAY	THURSDAY	FRIDAY
<div>5</div> <p>           9:00 Painting            9:15 Pinochle            10:00 Yoga            11:15 Chair A'Robics            12:00 Lunch/Birthday            12:45 Bingo            1:00 Bridge            1:00 Wii Wednesday         </p>	<div>6</div> <p>           8:30 Ceramics            9:00 Stretch &amp; Tone            10:30 Tai Chi            11:00 Blood Pressure            12:00 Lunch            12:30 Happy Hatter's/Exercise            12:30 Mexican Train            1:00 Square Dancing            2:00 Strength Conditioning            7:00 Dance         </p>	<div>7</div> <p>           9:00 Zumba            9:00 Spanish            9:30 Computer Help            10:00 Yoga            11:15 Chair A'Robics            11:45 Massage            12:00 Lunch            12:45 Bingo            1:00 Bridge         </p>
<div>12</div> <p>           9:00 Painting            9:15 Pinochle            10:00 Yoga            11:00 Attorney            11:15 Chair A'Robics            12:00 Lunch            12:45 Bingo            1:00 Bridge            1:00 Wii Wednesday         </p>	<div>13</div> <p>           8:30 Ceramics            9:00 Stretch &amp; Tone            10:30 Tai Chi            11:00 Blood Pressure            12:00 Lunch            12:30 Exercise            12:30 Mexican Train            1:00 Square Dancing            2:00 Strength Conditioning            7:00 UTE RC            7:00 Dance         </p>	<div>14</div> <p>           9:00 Zumba            9:00 Spanish            9:30 Computer Help            10:00 Yoga            11:00 Father's Day Car Show            11:00 Hot Dog Lunch            11:15 Chair A'Robics            11:45 Massage            12:45 Bingo            1:00 Bridge         </p>
<div>19</div> <p>           9:00 Painting            9:15 Pinochle            10:00 Yoga            11:15 Chair A'Robics            12:00 Lunch            12:45 Bingo            1:00 Bridge            1:00 Wii Wednesday         </p>	<div>20</div> <p>           8:30 Wendover / Ceramics            9:00 Stretch &amp; Tone            9:30 Toe Nail Clippings            10:30 Tai Chi            11:00 Blood Pressure            12:00 Lunch            12:30 Happy Hatters/Exercise            12:30 Mexican Train            1:00 Square Dancing            2:00 Strength / 3:30 Jam            7:00 Dance         </p>	<div>21</div> <p>           9:00 Zumba            9:00 Spanish            9:30 Computer Help            10:00 Yoga            11:15 Chair A'Robics            11:45 Massage            12:00 Lunch            12:45 Bingo            1:00 Bridge         </p>
<div>26</div> <p>           9:00 Painting            9:15 Pinochle            10:00 Yoga            11:15 Chair A'Robics            12:00 Lunch            12:45 Bingo            1:00 Bridge            1:00 Wii Wednesday         </p>	<div>27</div> <p>           8:30 Ceramics            9:00 Stretch &amp; Tone            9:30 Fit to a T            10:30 Tai Chi            11:00 Blood Pressure            12:00 Lunch            12:30 Exercise/Mexican Train            1:00 Governor's Mansion            1:00 Square Dancing            2:00 Strength Conditioning            7:00 Dance         </p>	<div>28</div> <p>           9:00 Zumba            9:30 Computer Help            10:00 Yoga            10:30 Ways to Simplify            11:15 Chair A'Robics            11:45 Massage            12:00 Lunch            12:45 Bingo            1:00 Bridge         </p>



Yard Sale in the Back Yard  
 Saturday, June 22 -- 8:00-1:00  
 \$3.00 - Juice/Coffee & Pancakes  
 Entertainment by Second Story Band at 9:30  
 All proceeds go to programs & services at the Heritage Center

## Pinochle Luncheon

The Pinochle players will use the “going set” money from this past year to enjoy lunch at the Golden Corral on **Wednesday, June 12** after the regular morning tournament. The lunch signup sheet can be found on the Pinochle board in the ceramic room. Throughout the year, Pinochle players make a bid during pinochle play and if they don’t make that bid they



have to pay a dime. The dimes paid throughout the year have added up and will help pay for the

lunches. Pinochle is played every **Wednesday at 9:15**. No registration necessary. The cost is \$2 to enter the game. Stop by and join the fun.

## Happy Summer—Tuesday, June 25

The “**Young At Heart**” Line Dancers will be at the Center on **Tuesday, June 25 at 11:30** to perform and welcome in Summer!

This high energy group of women and men between the ages of 60-80+ use line dancing for exercise and love it! They represent Senior Centers throughout the Salt Lake Valley.

This group has danced at the State Fair, County Fair, Taylorsville Dayzz, Festival of Trees, Gallivan Center, and other community gatherings. They kick-up their heels to Elvis Presley, Cher, Jim Reeves, Johnny Cash, Dolly Parton, Willie Nelson, and Michael Jackson. Come early for lunch, enjoy the line dancers, and welcome in Summer.

## Ways to Simplify—Friday, June 28—10:30

The Center is pleased to announce that author Gloria A. Foster will be at the Center on Friday, June 28 at 10:30 to discuss her book “Simplicity One Day at a Time.”

Women’s lives have changed over the years and this book will address some of these changes. Gloria will help you get organized and find balance in your life.

**“Volunteers: Our Sea of Treasures!”**

Invitation only Banquet—Monday, July 15 at 5:00 PM



## Email Security Class

On **Tuesday, July 2 at 11:00**, Alice Belisle, Certified Information System Specialist, will be at the Center to help seniors understand more about email security.

Email security—be suspicious! Learn how to spot, identify, and understand potential threats, scams, and viruses. She will also discuss emails you should not send, along with email etiquette. This class is free, sign up now.

## Medicare Changes

The Medicare Changes presentation at the Salt Lake County Government Center on **Wed., June 26 at 10:30** has changed to the South building (not north as previously advertised.) Talk to regional leaders on Medicare at this special presentation.

## Fit to a T

The Center is pleased to announce that Fit to a T will be offered on **Thursday, June 27 at 9:30**.

Fit to a T is a public educational program on bone health and osteoporosis. Developed by members of the U.S. Bone and Joint Initiative (USBJI) in response to the Surgeon General’s first ever report on bone health and osteoporosis.

Come to this free program to learn how the T-score measures bone density and estimates the risk of breaking a bone.

Relevant to both men and women, seniors and other. The goal is teaching people the necessary steps to prevent or slow down bone disease before they break a bone and help people make lifestyle changes, if they have had a broken bone, in order to decrease their risk of another fracture. This is a free class, sign up now.

## Golf Tournaments

18 hole golf tournaments continue throughout the summer at different courses. Players pay the green fees and cart fee plus a \$3 prize fee and a one time fee



of \$7 to join the program. Pick up a complete schedule with sign-up instructions and deadlines at the

front desk. Upcoming courses and green fees include:

Riverbend—June 10 at 7:30 \$39

Wasatch—June 24 at 8:00 \$43

Valley View—July 15 at 7:30 and Round Valley—July 29 at 8:00.



No Lunch Reservations Needed!  
Drop by for the regular menu  
item listed below or choose the  
optional salad or sandwich.

## JUNE 2013

### Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a special event  
Lunch served at Noon. Purchase tickets from 8:00-12:00 (day of only)  
Cost is \$4.00 for persons 55+ Coffee .50

Monday	Tuesday	Wednesday	Thursday	Friday
<div>3</div> <p>No lunch</p>	<div>4</div> <p><b>HONEY MUSTARD CHICKEN</b> Macaroni Salad Pavlovas or Fruit</p>	<div>5</div> <p><b>MEATLOAF</b> Mashed Potatoes and Gravy, Green Beans, Birthday Cake and Ice Cream or Fruit</p>	<div>6</div> <p><b>CHILI CON QUESO PASTA</b> Mexican Corn Salad, Flan or Fruit</p>	<div>7</div> <p><b>SWEET ONION BBQ CHICKEN SANDWICH</b> Shrimp Salad, Caramel Apple Parfait or Fruit</p>
<div>10</div> <p>No lunch *Family Concert at 7:00 PM. Bring the family, a picnic dinner, and enjoy the FREE entertainment.</p>	<div>11</div> <p><b>TUNA MELTS</b> Chips, Fruit, Sticky Toffee Pudding Bars or Fruit</p>	<div>12</div> <p><b>CHICKEN PICCATA</b> Roasted Potatoes, Veggies Frog Eye Salad or Fruit</p>	<div>13</div> <p><b>BEEF STROGANOFF</b> Egg Noodles, Peas, Ice Cream Sundaes or Fruit</p>	<div>14</div> <p><b>**FATHER'S DAY CAR SHOW</b> \$1.00 Hot Dog Meal or optional regular Salad/ Sandwich meals for \$4  Thank you R.C. Willey</p>
<div>17</div> <p>No lunch</p>	<div>18</div> <p><b>PORK BARBACOA SALADS</b> with Beans and Rice, Caramel Peach Cobbler or Fruit</p>	<div>19</div> <p><b>MUFFALETTA SANDWICH</b> Chips, Fruit, Maple Glazed Oatmeal Cookies or Fruit</p>	<div>20</div> <p><b>CHICKEN AND PEANUT LETTICE WRAPS</b> Tangled Noodle Salad, Heath Blondies or Fruit</p>	<div>21</div> <p><b>MAHOGANY GLAZED CHICKEN</b> Rice Pilaf, Veggie, Mint Brownie or Fruit</p>
<div>24</div> <p>No lunch</p>	<div>25</div> <p><b>CHICKEN CAESAR BURGERS</b> Oven Fries, Fruit, Snickers Apple Dessert or Fruit</p>	<div>26</div> <p><b>COUNTRY FRIED STEAK</b> Mashed Potatoes and Gravy, Peas Oreo Brownie Cookie Bars or Fruit</p>	<div>26</div> <p><b>BBQ BRISKET</b> Baked Potato Salad, Butterscotch Cheesecake Bar or Fruit</p>	<div>28</div> <p><b>STEAK FAJITAS</b> Spanish Rice and Beans Tres Leches Cake or Fruit</p>

**\*\*Father's Day Car Show - Friday, June 14 - 11:00-2:00**



**\$1 Hot Dog Meal available**  
(Limited Quantity)

